



A MINUTE OF HEALTH WITH CDC

Beating Birth Defects

National Birth Defects Prevention Month and Folic Acid Awareness Week – January 2013

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[Announcer] This program is presented by the Centers for Disease Control and Prevention.

One in 33 babies in the US is affected by a major birth defect. While birth defects can be genetic, or inherited, some can be caused by things a woman does before or during pregnancy, such as using alcohol or tobacco, having uncontrolled diabetes, taking certain medications, or being obese at the beginning of pregnancy.

Women can greatly improve their chances of giving birth to a healthy baby by consuming 400 micrograms of the B vitamin, folic acid, every day before and during pregnancy; maintaining a healthy weight; controlling diabetes; and abstaining from alcohol and tobacco during pregnancy.

Thank you for joining us on *A Minute of Health with CDC*.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.